

Managing Separations

Like anything else in life, deployments and separations can be turned into positive, growing times for all concerned. ♣ When your spouse deploys, *you choose* how you will cope with the separation. You can choose to get depressed, lonely, and angry; or you can choose to take control of your life and turn the separation into a time of accomplishment and increased self-knowledge. ♣ Get busy. Watching the clock and the calendar will hurt both you and your relationship. It will also make the separation time pass by more slowly. ♣ What a wonderful opportunity for you to get to know yourself, your preferences, and your own special needs. ♣ Remember that any self-improvements you make will also help improve your relationship. If you have children, they will also have fewer adjustment difficulties because you will be going beyond just coping, and they will learn from you how to turn potential negatives into positives.

CDP01060



Fleet and Family Support Centers <i>in Hampton Roads, Virginia</i>	
FFSC Little Creek.....	462-7563
FFSC Norfolk.....	444-2102
24-Hour Information and Referral	444-NAVY
.....	1-800-FSC-LINE (372-5463)
FFSC Northwest	421-8770
FFSC Oceana	433-2912
FFSC Dam Neck	492-7150
FFSC Yorktown	887-4606
FFSC Newport News.....	688-6289

U.S. Navy Family Member
Emergency Information

Name _____ Phone () _____

Servicemember's Rank/Rate Name _____ Relationship _____

Duty Station: _____ Phone () _____

Ombudsman: _____ Phone () _____

IN CASE OF EMERGENCY PLEASE CONTACT _____

*cut card at dotted line
and keep in wallet.*

